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## Wednesday's Sale

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## WEDNESDAY

MAY 2, 1906.  
10 O'CLOCK A. M.

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**WILL E. FISHER,**  
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# Of Interest to Housekeepers

## RICH AND POOR EQUAL IN NEW YORK CLUB LIFE

**Conditions That Make It Possible to Indulge in  
Luxuries and at the Same Time to  
Save Money.**

A good many country visitors are disappointed when they learn the sober truth that New York has no clubs composed exclusively of millionaires. It is harder still to make country folk believe that hundreds of men join so-called swell clubs in large part from motives of economy.

There are scarcely three clubs in the city that do not include a considerable number of poor men in their membership. The average income of the whole membership of the ten best known clubs in the city is probably nearer \$10,000 a year than \$50,000 a year, and almost every one of those clubs includes some scores of men with incomes well below \$10,000, and a good many with incomes well below \$5,000.

There is a real democracy of New York club life. Youths in their early twenties and just beginning their careers on very moderate salaries frequent truly palatial clubhouses, breakfast in rooms such as few princes ever use and lounge before fireplaces that are to be matched only in the most splendid buildings of Europe.

The poor man in the palatial club is just as well treated as the rich. The servants look as solicitously to his wants and the chef ordinarily cooks his dinner with the same care that he bestows upon that of the richest member.

The poor man's credit at the club is as good as the rich man's and both are impartially posted when they neglect to pay their bills in good season. There are a good many instances also in which the monthly bills of the poor man are higher than those of his rich fellow members, for the frequenters of clubs are apt to be the poorer rather than the richer members.

Many a man of small means regards his membership in a first rate club in the light of a profitable investment. Such a man, if a confirmed bachelor, has probably lived for twenty years within half a block of the club, paying a few hundred a year for a small bedroom and finding all his luxuries in the apartments of the clubhouse.

Without being in the least mean he makes of the club a money saving institution for himself. Its comfortable

**MRS. OELRICHS' FISH AND PLUM  
DIET.**

A fish and plum diet recommended to Mrs. Hermann Oelrichs as a flesh reducer has been tested with wonderful success, her friends declare. From a stout matron she has transformed herself into the figure of a girl, but only after years of patient effort and grim determination.

When Miss Theresa Fair first came to New York as the bride of Hermann Oelrichs, in the early nineties, she was a reed of slenderness, but the luxurious life she led soon began to manifest itself in the form of increasing weight. Her figure gradually lost its graceful proportions.

Five years ago she weighed 175 pounds. She was so stout that it was common gossip that her diamond dog collar was enlarged by a panel of diamonds in order to fit her growing throat.

Suddenly Mrs. Oelrichs announced that she would reduce her figure and began with an all meat cure. She ate meat only. It was not a success and she went abroad to try the steam baths of Bad Nauheim. The German cure had only a fleeting effect, and whereas she lost a few pounds, she gained them again during a gay season at Newport.

She tried several other cures, but they failed to reduce her weight. Then she changed to the fish and plum diet and to vigorous walking and air, which had the best effect of all. She has now managed to get her weight down to 130 pounds.

Mrs. Oelrichs is eating sparingly. She seldom drinks more than a sip of water and champagne, both of which are flesh producers.

**NEW YORK ADOPTS THE SIMPLE  
LIFE.**

Simple fare is the reigning fad in New York, which has adopted the simple life with enthusiasm. Lemonade is displacing champagne as a beverage. The fewer courses and the worse the fare at a dinner party the more fashionable it is regarded. Such dishes as rice, oatmeal, beans and other of the simplest and most inexpensive foods have come into favor and grace the tables of the most aristocratic New York families. Twelve dollar canvas-back ducks and gold dinner favors have sunk into oblivion among the smart set. At one select party recently there was nothing to eat but sandwiches and oyster poquette, with a watery chicken salad that recalled the middle '80s. Some hostesses are exaggerating the simplicity of their parties, in the hope that they may acquire a fictitious smartness from seeming so simple.

At another party the names of the guests would have ornamented any list of "among those present." The names meant smartness, position and up-to-dateness in the highest degree. The hostess is one of the women whose names are most frequently seen in public, and she has deliberately adopted the simple life for the sake of its smartness.

The guests were dressed with unusual simplicity, and the floral decorations consisted only of few lilies and roses set about the room in vases. The

lounging rooms save him annually from \$300 to \$1,000 a year in rent, according to the location in which he has his modest lodgings. After that he saves a fair percentage on everything he eats and drinks at the club.

His simple breakfast costs him perhaps 10 per cent less than it would cost at any restaurant he would be likely to frequent and the same is true of his dinners. If he takes three-fourths of his meals at the club he saves annually about \$100 in tips.

If he drinks wine at dinner he saves from 10 to 25 per cent upon every bottle. If he permits himself the luxury of a cab he saves a handsome percentage by ordering it through the club, and avoids all possibility of a row with the cabby over the amount of the fare. Many a man writes all his letters of a social character and some of a business character at the club, and thus saves from \$15 to \$40 a year in stationery.

He need buy no new books, nor need he subscribe to a library for there is the club library free for his use. He never need buy a periodical or even a newspaper, save when he travels, for all that he reads are freely supplied by the club. And the enjoyment of all these things imposes upon him no considerable expenditure for extravagant luxuries. He is sure, especially in the college clubs, to find plenty of men with like modest incomes and simple tastes as himself, and he may sit for hours with cronies over the cafe table without spending money that he cannot afford, and without giving offence to the servants of the house committee.

Most club members probably do not keep a debit and credit account with the club, but the man of modest means and moderate habits would find the examination of such an account a matter of great satisfaction. Such a man, paying \$250 as an entrance fee and \$75 a year in dues, is likely to find himself at the end of twenty years a long way ahead of the game. The club in twenty years has cost him rather less than \$2,000 for entrance fees, dues and contributions to the Christmas box, and his savings by reason of the club have been from \$10,000 to \$15,000.—N. Y. Sun.

guests moved from one part of the room to another, talking together as long as they wanted to, with no effort on the part of the hostess to keep the party going.

Two bowls of lemonade, some damp sandwiches, and a few ladyfingers were on a table that stretched across the drawing room. In the center of the table as the piece de resistance was a large bowl of cut up oranges sprinkled with sugar.

By the table stood a man-servant who asked those who still looked hungry if they would not like some ice cream. If they said "yes" he would disappear into a hallway, to return with some ice cream in a saucer, piled up with the spoon and not in a mold.

So greatly has wealth increased during the past few years and so lavish has been the expenditure of money on dress and entertaining, that it was natural there should be a revulsion against extravagance and a desire to go to the opposite direction. The woman who is able to play the simple life as applied to entertaining is certain to make an impression which champagne and terrapin would never accomplish now.

One must, of course, be rich to be able to afford to give one's guests poor food, but with position and bank account beyond question, the simple life is the last cry of smartness.

## SOME FAMOUS PUNCH RECIPES

### CLUB COCKTAIL.

Half a glassful of ice, two dashes of gum, two-thirds of gin, one-third of vino vermouth, two dashes of orange bitters and one dash of green chartreuse. Stir well, strain and serve.

### MINT JULEP.

Dampen a small bunch of mint, dust with powdered sugar, bruise slightly and pour over it a little boiling water; allow this to draw, then strain into a tall, thin glass quite filled with finely-cracked ice; dress the glass with sprigs of mint and pour in enough brandy to fill. Do not stir but stand away till thoroughly cool.

### GEORGE IV'S PUNCH.

Mix on the fire one-fourth of a pound of sugar, grated rind of one lemon, and two oranges, with the juice and pulp. Add one cup of boiling water, stir until cold, then add one-half pint of pineapple syrup, one-half pint of strong, green tea, one large glass of maraschino, five tablespoonsful of rum, one pint of brandy, one pint or more of champagne. Strain, add more sugar if desired and serve very cold.

### CALIFORNIA WINE COBBLER.

Use a large bar glass; fill glass with fine ice; three-fourths tablespoon sugar; juice of one orange; one and one-half glass of California wine.

### COSMOPOLITAN CLARET PUNCH.

Use a goblet, one-half filled with chopped ice. Add one and one-half pony of brandy and one-half a tablespoonful of sugar. Fill with claret, shake well and dress with cherries and other small fruit.

### OAKLAND PUNCH.

Brew three quarts of rich lemonade. To this add a half pint of maraschino, and a pint of rum, Santa Cruz preferred. Then add a quart of whisky and just before serving place a five pound block of ice in the bowl. Strain and dress with fruit. The addition of champagne makes this punch superfine.

## THE RAW EGG DIET

The raw egg diet is gaining a great hold on fashionable New Yorkers. The advocates claim to obtain more immediate and material benefit from this food than any other. The healthfulness of the custom has been given additional emphasis by the declaration of pure food advocates in their recent New York convention that the only pure food known is the fresh egg. The raw egg eaters declare that the egg is spoiled by any kind of cooking and its benefits can be obtained only when eaten raw. To back their conclusions many, researches have recently been made on the subject and it has been found that tourists in unexplored tropical countries have been able to retain perfect health throughout the most trying exposures to heat and wet by means of dining on raw eggs. An instance is mentioned where all in a party of explorers became dangerously ill excepting one who ate nothing but uncooked eggs.

Believers in the new diet contend that the egg should be eaten as soon after it is laid as possible. Several different methods of serving the eggs are in vogue, the most popular of which is in sherry wine or with vinegar. A very little of the wine or vinegar is required in a glass merely to give a zest to the flavor of the egg. Its benefits would doubtless be greater without any of these accompaniments. When served with vinegar a drop of the liquid is first poured into an empty wine glass. Into this the egg is broken. Then the top is covered with another drop or two of vinegar and a sprinkling of salt and pepper. The egg is then swallowed whole. Persons who have not tried the diet will be surprised at the ease with which the egg slips down the throat as well as the pleasant taste it leaves in the mouth. It is declared that half of the benefits of the egg is lost when the yolk is broken in eating. The eggs should be eaten before meals, especially before breakfast, but not every day. An every day diet is said to be dangerous because of the superabundance of sulphur it would produce in the system. It is advisable to discontinue the diet for as much as one or two weeks at a time and then to keep it up steadily for a few days or a week again.

Raw eggs are much more easily digested than cooked eggs and the more they are cooked the harder they are to digest; hard boiled and fried eggs being the most difficult.

The stomach will digest a raw egg in from one and a half to two hours. Soft-boiled and roasted eggs require from two and a half to three hours, while hard-boiled or fried eggs must be allowed from three and a half to four hours for digestion. Eggs furnish a good substitute for meat.

Eggs are said to be perfect food, the same as milk—that is, containing all the food elements necessary for the growth and maintenance of the young animal. While it is true, of course, that the egg does contain all the elements necessary for the growth and maintenance of the young chick, yet it would not follow that these elements are in the right proportion for the nourishment of an adult person. That eggs are a splendid food is not to be questioned, but that eggs alone would furnish sufficient diet for a grown person is hardly probable.

Eggs consist of proteins and fat, water and mineral matter. It is the proteins or nitrogenous matter that builds up and repairs the tissues of the body, while the fat supplies energy. The white of an egg is often said to be pure albumen, but it also contains phosphoric acid and sodium chloride or common salt. The yolk contains the fatty part of the egg, phosphorus, calcium, magnesium, potassium and iron. Eggs also contain sulphur, and this probably accounts for the dark stain left by eggs on silver, the sulphur coming in contact with the silver forming silver sulphide.

## SIDELIGHTS ON COOKERY IN THE CHAFING DISH

**The True Devotee Will Want to Make His Own  
Recipes and When Proven Will  
Share the Secret.**

Embodying the ideal in cookery, the chafing dish is the expression of the esthetic in taste and culinary refinement. As such it has always appealed to those whose imagination is whetted by poetry, music or art and whose enjoyment of life rises above the sordid and commonplace accompaniments of every day existence. All of us have hours when life seems burdensome; when all seems askew and the heart yearns for a change. At such a time the poet seeks quietude and pens the song swelling in his heart; the musician seeks his instrument and improvises melody never set on paper, and the artist dreams of figures never yet put on canvas; the epicure finds the chafing dish and brings to light dishes which ease life's burdens and make living a new joy through the medium of his skill. This is merely a way of giving expression to those refined emotions which may be defined, for convenience, as esthetic inspirations; perhaps because they do not reside permanently in the individual but come and go as nature invites.

The chafing dish affords the epicure the means of gratifying his individual taste in the preparation and seasoning of the viands he offers his guests. He is enabled to prepare the feast in the privacy of his own kitchen, and thus to the life to what has become a common fake in hotels, cafes and restaurants, and which may be defined as the misuse of the chafing dish. This is the practice of preparing the dishes on the range in the kitchen, and when ready to serve, transferring to a chafing dish, lighting the alcohol lamp and serving.

Only a few weeks ago I saw such a service in one of the swell St. Louis Clubs. It was designated on the menu card as "Crab a la Chafing Dish" or some equally meaningless nomenclature. It had been prepared by the common cook in the common vessels in the common kitchen, and the waiter neglected to light the alcohol lamp until he was within the dining room. Stopping at a convenient serving table he

struck a match on the seat of his trousers and lighting the alcohol, he waited until the blue flames began to kiss the burnished sides of the dish, then stiffening his back-bone, strode to the table and placed the smoking dish before expectant guests with a "very grand air."

Such frauds, and they are common, are doubly disgusting to those who have acquaintance with the chafing dish; besides having a tendency to discredit chafing dish cookery with those who are unsophisticated enough to accept for genuine the mixtures served up in some public dining rooms, it perpetrates a fraud in the excessive charge for chafing dish service.

There are a number of recipes given away with each chafing dish sold. Some of these are tolerable, some are not. The true devotee will want to make his own recipes, and when proven, will not hesitate, yea, will proudly go to the aid of his friends in showing the way. It is the professional who revels in supposed mystery and brings to his aid hidden arts. But our devotee believes in science, and science is but another name for the common sense way of doing things. He performs his feats in the open with a wholesome reason behind his acts and, to the manifest pleasure of those whose good fortune it may be to sit at his board, he guides the thought while pleasing the palate.

The true chafing dish "cook" is generally a raconteur with a repertoire replete with adventure, humor and merry wit. The atmosphere of his "kitchen" is in harmony with his skill; his guests in harmony with the host and the good cheer harmonizes the rest. Story, repartee and laughter swing merrily around the board whereon blazes the blue flame. Such a feast should be inviolable from the intrusion of any "Chef," or cook of the baser sort. It is purely social in all its phases, and, as such, is as distinct from the work of a professional cook as fishing with rod and reel is from drawing a steam seine in taking fish from the water.

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